

Enriching Individual Life Journeys.

December, 2018

HOLIDAY OPEN HOUSES



Each year, the staff and residents set aside a day to celebrate the holiday season with family and friends. Please join us **Sunday, December 9th from 2 pm—4 pm**, as Sunset House and Sunset Village host their annual Holiday Open Houses.

We hope you'll be able to take this opportunity on Sunday, to enjoy the beauty of our decorated buildings, good food, entertainment, holiday activities and fellowship.

We look forward to seeing you there!

OPEN ENROLLMENT FOR MEDICARE CONTINUES

Please be reminded that the Open Enrollment period for the 2019 Medicare plan ends December 7, 2018. It is during this period, you may:

- ◆ Switch from Original Medicare to Medicare Advantage, or vice versa.
- ◆ Switch from one Medicare Advantage C plan to another
- ◆ Switch from one Medicare Part D (Pharmacy coverage) plan to another

For those individuals utilizing a Medicare Advantage plan, Sunset Communities is a member of Ohio Aging Services Network (OASN) which is a network of not for profit organizations seeking contracts with insurance companies. We currently have active contracts with Medical Mutual of Ohio, Anthem and Aetna and Buckeye for MyCare products. You may want to consider these plans over other plans since Sunset is considered "in-network" and your coverage will be more seamless when needing additional services.

Should you have any questions, please let us know.

NEW MEDICARE CARDS

Once you receive your new Medicare card, please make sure our Business Offices have a copy for our records. Remember, the new cards will no longer use your Social Security number for identification, but rather a series of numbers to help protect you from identity theft. For additional information, please visit: **Medicare.gov/NewCard.**



HOLIDAY DECORATIONS

For everyone's safety, residents are not allowed to have "Live" holiday decorations. This includes wreaths and small trees. Also, candles with a live flame are not permitted. House and Village staff regularly monitor for new door hangings and wreaths. These are treated with flame retardant as noticed. We appreciate your cooperation and if you have any questions about decorations, please check with the staff in each building.

RECOGNIZING EMPLOYEES DURING THE HOLIDAYS

Like you, we recognize how valuable our employees are and understand that you may feel it important to show your appreciation to them during the holiday season.

Unfortunately, Sunset Communities' company policy prohibits employees from accepting personal gifts from residents and resident families or friends.

If you would like to honor an employee, may we suggest a donation to our Employee Appreciation fund (or any of our other funds) as the best way for you to acknowledge the terrific staff and their hard work!

For your convenience, a donation may be made online at: sunset-communities.org/give/

SUNSET HOUSE

THE WOODLANDS

ASHANTI HOSPICE & PALLIATIVE CARE

SUNSET VILLAGE

FIELDSTONE VILLAS at Sunset Village



The Update is published monthly for family and friends of Sunset Retirement Communities. It is available on-line at www.sunset-communities.org or through email. You may opt-out at any time.



SUNSET HOUSE

FINE DINING TO RETURN IN JANUARY

Please mark your calendar for **Friday, January 18th**. Sunset House will once again offer fine dining. Each meal will feature a course of appetizers, main entrée and sides, and a delicious dessert.

LOST LAUNDRY DAY IN JANUARY

The next Lost Laundry day is scheduled for Sunday, January 20th from 10am—4 pm. All unclaimed items will be in the Community Room.



SUNSET VILLAGE

HISTORY BOOK DONATIONS WANTED!

If you have any books featuring historical information on the Titanic or any other notable historical event, and no longer have a need for them, Sunset Village activities would welcome the donation.

ORIGINAL ARTWORK UP FOR AUCTION

Beginning December 9th through December 15th, original artwork created by the residents of Sunset Village as part of the Opening Minds through Art (OMA) program will be up for auction.



If you are interested in owning an original art piece, simply place your name and bid amount on the bid sheet near the artwork displayed. If you're the highest bidder, you'll win the artwork. All proceeds for the silent auction support the OMA program at Sunset Village. Good luck!



FIELDSTONE VILLAS
AT SUNSET VILLAGE

CLUBHOUSE TO OPEN SOON

The Fieldstone Villa Clubhouse is nearly finished. A Community wide Open House to show off the new building will be held in early 2019. Details to come in the next issue!



THE WOODLANDS

FAMILY APPRECIATION FUN AT THE WOODLANDS

Things took a scary turn as The Woodlands hosted its annual Family Appreciation Halloween Party in late October.



Entertainment and the



Spooky themed buffet were favorites among the attendees. Prizes were awarded for Best Resident costume and Best Family costume.



Once again, to remember friends and family who have passed, The Woodlands residents and staff released decorated lanterns on All Souls Day.



ASHANTI HOSPICE

TIPS FOR SURVIVING A HOLIDAY AFTER A LOSS

- Do be gentle with yourself and protect yourself.
- Don't do more than you want, and don't do anything that does not serve your soul and your loss.
- Do allow time for the feelings, and don't keep feelings bottled up.
- Do allow others to help. We all need help at certain times in our lives.
- Don't ask if you can help or should help a friend in grief. Just help. Find ways; invite them to group events or just out for coffee.
- Do, in grief, pay extra attention to the children. Children are too often the forgotten grievers.

Any questions about grief or hospice services, please contact Ashanti Hospice at 419-724-1047.